

Weekly Planner

- Fill in the dates – Your Lecture time table – Average Sleep time (7 hours at least)
- Then Plan your study units (Subject + amount [in lectures/number of pages; E.g. Today from 7-9 AM: Lecture 1 Chemistry or 15 pages of Biology])
- Don't forget your breaks (You can use [Pomodoro technique](#)® for example)
- Try to study different subjects within the day to avoid boredom & improve efficiency
- IMPORTANT NOTE: Planning won't work perfectly from the 1st time, So, You'll have to be patient and try again till you succeed

Days/time	Saturday __/__/__	Sunday __/__/__	Monday __/__/__	Tuesday __/__/__	Wednesday __/__/__	Thursday __/__/__	Friday __/__/__
5-6 am							
6-7 am							
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-12 pm							
12-1 pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							
11-12 am							
12-1 am							
1-2 am							
2-3 am							
3-4 am							
4-5 am							